

Communication

If caregiving feels challenging, reflect on your communication with your loved one or care circle; positive interactions can improve the dynamic.



Communication Basics

Be **honest** about your **needs** and **feelings** when communicating. Use **"I" statements** to minimize defensiveness. **Practicing what you need to say** with someone beforehand can be beneficial.

Family Talks

During family discussions, encourage everyone to be **active listeners**, **acknowledge each other's feelings**, and **show respect**. Address sensitive topics promptly and openly to alleviate stress and clarify any issues.

Healthcare Workers

Before speaking with healthcare professionals, **research** your loved one's condition and **prepare a list of questions**. During the conversation, **take notes** for future reference.

Support Networks

Engage with **online communities** or **support networks** to receive advice and guidance on effectively communicating with your loved one.

Improving Communication Skills

Improve interactions by **developing your communication skills**:

- **Self-reflection** helps identify areas for growth, like patience or clarity.
- **Workshops** offer practical techniques and supportive feedback.
- **Reading books** or **online resources** on effective communication can introduce new strategies.
- **Continuous practice** will improve the quality of care.